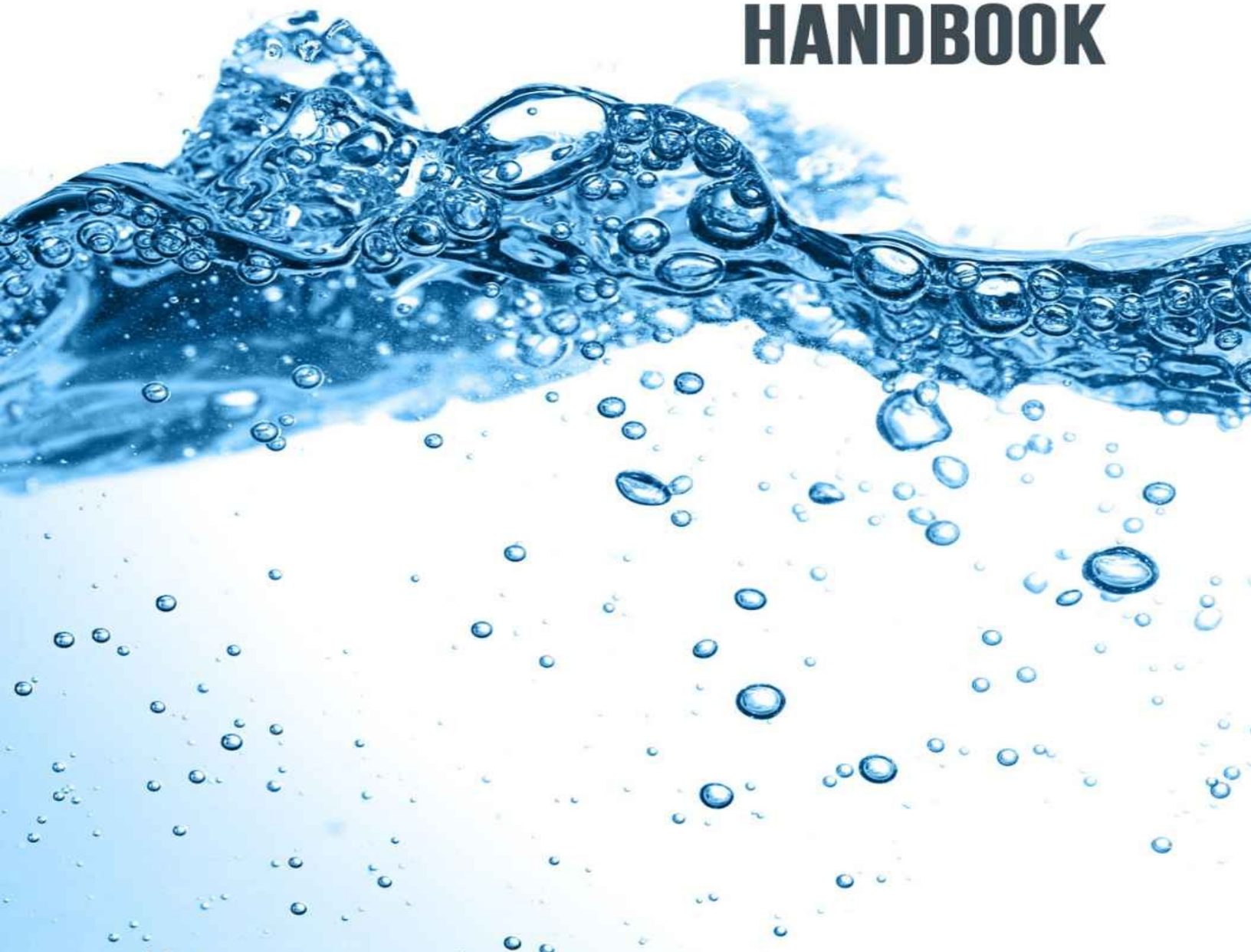
THE HYDROGEN PEROXIDE HANDBOOK



The Miracle Cure for Your Health and Your Home

The Hydrogen Peroxide Handbook

The Miracle Cure for Your Health and Your Home

Table of Contents

Chapter 1: Getting to Know Hydrogen Peroxide
- Application of Hydrogen Peroxide
- The Different Grades of Hydrogen Peroxide

Chapter 2: Handling and Using 35% Food Grade Hydrogen Peroxide

Chapter 3: The Various Uses of Hydrogen Peroxide
- Around the Kitchen
  - Clean Your Sponges
  - Disinfecting Your Kitchen Counters
  - To Disinfect Dishes
  - To Clean the Ref
  - Clean Your Chopping Board
- Use of Hydrogen Peroxide in Food Preparation
  - Growing Mushrooms
  - Clean Your Raw Garden Greens
  - Vegetable Soak
  - Sprouting Seeds
  - Marinating with Hydrogen Peroxide
- Using Hydrogen Peroxide for Personal Care
  - Detoxifying and Rejuvenating Bath
  - Foot Soak
  - Teeth Whitening
  - Mouth Hygiene
- Facial Toner
- Hydrogen Peroxide Deodorant
- Nasal Decongestant

Hydrogen Peroxide Application Around the House
Bleaching Agent
Bathroom Cleaner

Chapter 1: Getting to Know Hydrogen Peroxide

Hydrogen peroxide or H_2O_2 is a chemical compound. In its pure form, it is more viscous than water and is a colorless liquid. It is a strong oxidizer that is used as a disinfectant and a bleaching agent. A high-test peroxide or concentrated hydrogen peroxide has been used as rocket propellant.

Biologically, living organisms are known to naturally produce, in small amounts, hydrogen peroxide as part of an immune response specifically during a respiratory burst.

It was Louis Jacques Thenard who first described hydrogen peroxide in 1818. He was able to produce hydrogen peroxide by treating barium peroxide with nitric acid. This process was used from the end of the 19th century to the mid-20th century. A newer version of the experiment proved to be much improved with the use of hydrochloric acid and sulfuric acid.

Application of Hydrogen Peroxide

Hydrogen peroxide has so many applications and here is a quick list of them:

- Fish aeration – fish culturists have discovered that hydrogen peroxide is a safe way to give oxygen to small fish especially with the addition of manganese dioxide.
- Horticulture – a weak hydrogen peroxide solution in the plant's watering system helps treat root rot and enhances root development.
- Glow sticks – which are used as glow in the dark toys make use of hydrogen peroxide.
- Explosives – it can be used as an improvised explosive device but is not used in military or commercial explosives because it degrades quickly.
- Propellant – when used in propellants it is termed as High Test Peroxide. It is used in altitude control thrusters, submarines (but no longer used now) and rockets.
- Alternative medicine – hydrogen peroxide is used in alternative medicine to treat cancer, AIDS, influenza, emphysema and other various conditions.
- Cosmetics – hydrogen peroxide is used in teeth whitening products and to bleach human hair.
- Disinfectant – it is an environmentally safe option to chlorine based bleaches. It is also known as a safe antimicrobial agent.
- Industrial - hydrogen peroxide has lots of industrial uses like removal of organic impurities in waste water treatment facilities. It is also used to bleach flour, pulp and paper.

The Different Grades of Hydrogen Peroxide

Hydrogen peroxide is available in the market in different grades. And for each grade of hydrogen peroxide, it has a specific use. Before learning the many ways that you can use hydrogen peroxide, you need to understand the different grades that it is available in and its suitable use. This way, you are going to prevent any untoward incidents from happening.

- **90% hydrogen peroxide** – this type of hydrogen peroxide is only used as a rocket fuel.

- **35% Food Grade hydrogen peroxide** – this is the only grade of hydrogen peroxide that is recommended for internal use. It is applied in the production of foods like whey containing products, eggs and cheese. It is also used to spray the foil lined packages of milk and fruit juice products.

- **35% Technical Grade** – this concentrated hydrogen peroxide product. It differs slightly with the reagent grade of hydrogen peroxide in that it needs phosphorus to neutralize any chlorine included in the water that was used to dilute it.

- **30% to 32% Electronic Grade** – this grade of hydrogen peroxide is not safe for internal use but best for cleaning electronic parts.

- **30% Reagent grade** – another hydrogen peroxide grade that is not suitable for consumption. It is contains stabilizers and used for various scientific experiments.

- 6**% Beautician grade hydrogen peroxide** – again this grade of hydrogen peroxide is not recommended for internal use. It is used in beauty parlors to bleach and color hair.

- **3.5% Pharmaceutical grade** – this product is also not recommended for internal use. This hydrogen peroxide grade is commonly sold in supermarkets and your local drugstores. It has lots of stabilizers included

in the solution thus it is not recommended for internal use. Some of the stabilizers in the solution may include: tetrasodium phosphate, sodium stanate, phenol and acetanilide.

Chapter 2: Handling and Using 35% Food Grade Hydrogen Peroxide

Before we can go on to discuss the many and various ways of using hydrogen peroxide, you need to read this chapter first. It is imperative that you understand how to use and handle 35% food grade hydrogen peroxide because by itself, it is not usable. It needs to be diluted properly in order to be used safely. Why? Because at this concentration, hydrogen peroxide is a strong oxidizer. If it is not diluted properly, it is extremely dangerous and can be fatal when ingested. Just like with any drug or medication, they can be helpful but when accidentally ingested in multiple amounts it can become harmful and even fatal—this is likewise true for hydrogen peroxide. Therefore, knowledge, careful handling and proper storage are the key to using hydrogen peroxide safely.

Handling of Hydrogen Peroxide

Care should be taken when handling 35% food grade hydrogen peroxide because it can burn the skin. So, here are the ways to handle hydrogen peroxide:

- When handling hydrogen peroxide, it is best to wear gloves in order to prevent skin burns if accidentally spilled on hands. If spilled on hands, immediately put your hands under a running tap water to flush out the spilled hydrogen peroxide. If you spilled hydrogen peroxide on your countertop, flush the area with water. Do not return the spilled hydrogen peroxide back into the container.
- When disposing of undiluted hydrogen peroxide, dispose of according to state and local regulations and prevent undiluted hydrogen peroxide from entering the sewage system.

Storage of Hydrogen Peroxide

- Keep out of sunlight. When storing food grade hydrogen, store it in a dark and dry place because sunlight will hasten the breakdown of hydrogen

peroxide.

- Do NOT transfer hydrogen peroxide into unlabeled bottles. If ever you are going to transfer hydrogen peroxide into bottles, ensure that it is properly labeled to avoid misuse or accidental ingestion.
- Keep your hydrogen peroxide away from the reach of children or pets. Also ensure that the hydrogen peroxide bottle is properly sealed to prevent spillage and accidental opening.
- When diluting hydrogen peroxide, just get the amount needed. Pour hydrogen peroxide into a measuring cup or spoon and transfer to a clean and labeled bottle. Do not in any circumstance place inside the hydrogen peroxide bottle your measuring spoon or cup or else you are risking contamination of the hydrogen peroxide solution. Once hydrogen peroxide solution is exposed to contaminants, it will hasten decomposition of the compound and may no longer be as potent.
- 35% Food grade hydrogen peroxide solutions can be stored inside the freezer without it solidifying. When placed in the freezer, it slows down the decomposition of hydrogen peroxide. However, if there is a risk of accidental ingestion of hydrogen peroxide by people in the house, then best weigh the pros and cons of storing the solution in the freezer.

Dilution your 35% Food Grade Hydrogen Peroxide

Using the 35% food grade hydrogen peroxide solution outright is NOT recommended. It has to be diluted in order to be safe for use. Proper dilution of hydrogen peroxide is also needed to have an effective solution or else you are using a contaminated solution with hydrogen peroxide reacting to the contaminants. So, here is the proper way to dilute your hydrogen peroxide solution:

1) Ensure that you have a clean bottle that can contain the amount of solution that you would need.
2) Prepare a measuring cup or measuring spoon that you have designated for use only for hydrogen peroxide measurement.
3) When making dilutions, use ONLY distilled water to dilute hydrogen peroxide because if you will use mineral water or tap water it contains contaminants.
4) Take note of how much peroxide you will need. As a rule of thumb,

only make diluted hydrogen peroxide that's good for a month of use to ensure its efficacy.

5) So, let's say you are going to need 3.5% hydrogen peroxide solution. This would mean a ratio of 1:9. So that will either be 1 tsp (or 1 tbsp, 1 cup, 1 ml, 1 fl oz) of 35% hydrogen peroxide diluted with 9 tsps (or 9 tbsps, 9 cups, 9 ml, 9 fl oz) of distilled water.

6) A lot of the hydrogen peroxide solutions to be used in the next chapter entail using 3% food grade hydrogen peroxide solution. So, to dilute get 1 tsp (or 1 tbsp, 1 cup, 1 fl oz, 1 ml) and add 11 tsps (or 11 tbsps, 11 cups, 11 fl oz, 11 ml) of distilled water.

7) What about if you are going to need 7% hydrogen peroxide solution? Or any other percentage. Just look online for calculating dilutions in percentage.

8) As much as possible after measuring the hydrogen peroxide and distilled water, pour immediately into a new container, label properly and seal.

9) You can store the diluted solution in a sealed container, placed on a cold and dry place, preferably away from direct sunlight to keep it from breaking down.

10) If after a month you have not used up all your diluted solution, throw it away and make a new diluted solution.

Chapter 3: The Various Uses of Hydrogen Peroxide

Hydrogen peroxide has a lot of uses in and around the home and even for personal hygiene and as an alternative medicine. Inside many homes, the hydrogen peroxide is commonly found in our first aid kits; however this is such a shame because you can put your hydrogen peroxide to good use. So, let me enlighten you on the many ways that you can use H_2O_2.

Around the Kitchen

Here are the many ways that you can use hydrogen peroxide in your kitchen. Whether to disinfect, clean or bleach kitchen tools, I assure you that hydrogen peroxide is safe and effective to use.

Clean Your Sponges

Sponges can harbor bacteria and germs. Often times, it can smell really bad after days of use. You can easily disinfect your kitchen sponge through the following process:

Ingredients:
¼ cup 3% hydrogen peroxide
¼ cup warm water (tap is okay)

Directions:

1) In a shallow bowl, mix warm water and hydrogen peroxide.
2) Add funky smelling dishwashing sponge and let it sit in the bowl for at least 15 minutes.
3) Rinse thoroughly before using.

Disinfecting Your Kitchen Counters

This is best done at least once a week. You can also use this hydrogen peroxide kitchen cleaning recipe every night—whichever way you prefer. With this hydrogen peroxide cleaning recipe, you can use it to clean kitchen appliances, countertops, your dining table and even your kids lunch boxes.

Ingredients:
3% hydrogen peroxide solution
spray bottle

Directions:

1) Before proceeding with diluting your 35% food grade hydrogen peroxide, ensure that you have a clean spray bottle.
2) Use the spray bottle as your lidded container. You can shake bottle after pouring in hydrogen peroxide and distilled water to mix.
3) Spray onto surface to be cleaned and wipe with a rag. If spraying onto wooden surfaces, better spray onto a damp rag before wiping on wooden surfaces. This will prevent discoloration of wooden surfaces as hydrogen peroxide is also a known bleaching agent.
4) If using this solution to clean children's lunch boxes, spray directly onto container and wipe off. Allow to air dry for at least 5 minutes before using.

To Disinfect Dishes

You can also use hydrogen peroxide to disinfect your dishes. It can easily be added to your dishwasher for ease of application.

Ingredients:
2 oz of 3% hydrogen peroxide solution

Directions:

1) Once your dishwasher is ready to be washed, place your usual dishwashing agent into the washer.
2) Add the 2 oz 3% hydrogen peroxide solution into the washer and start.
3) You can do this each time you wash your dishes or at least once a week.

To Clean the Ref

Often times our refrigerator can harbor a lot of molds because of forgotten food that has rotten inside it. Therefore, the insides of our refrigerator need to be cleaned and disinfected at least twice a month.
Ingredients:
3% hydrogen peroxide solution in a spray bottle

Directions:

1) Clean refrigerator first by throwing away all rotten foods. Then empty refrigerator of contents for easy cleaning.
2) Wash fruit and vegetable drawers with water and soap. Allow to drip dry.
3) With a damp and clean rag, spray the inside of the refrigerator with your hydrogen peroxide solution and wipe clean. If needed, you can repeat process to ensure that you have disinfected each nook and cranny of your ref.
4) Leave the doors of the ref open and allow to air dry the hydrogen peroxide solution for at least ten minutes.
5) Meanwhile, spray the drawers with the hydrogen peroxide solution and wipe clean. Let it air dry for at least 5 minutes before retuning back into the ref.
6) Return unspoiled contents of the ref and close the doors.

Clean Your Chopping Board

The chopping board can be a host to a wide array of organisms. It is where we cut up our food from poultry to meat to veggies. There are even times that we use the same chopping board to cut fresh meat and to cut veggies for our raw salad. If you are doing this, you run the risk of getting salmonellosis or other diseases. So what to do?

Ingredients:
3% hydrogen peroxide solution in spray bottle
Vinegar in another spray bottle

Directions:

1) Wash chopping board with soap and water. Rinse well.
2) Allow to drip dry for a minute or two.
3) Spray with hydrogen peroxide solution all over and even the back of chopping board especially if you are using both sides. Let it stand for 2 to

3 minutes.

4) Scour with a sponge. Rinse well.

5) Spray with vinegar all throughout including the backside of board. If chopping board is thick, include the sides. Let it stand for 5 to 10 minutes.

6) Rinse well before using or storage.

Use of Hydrogen Peroxide in Food Preparation

Did you know that hydrogen peroxide can be used in preparing food? Yes and it is safe too. Plus, aside from its many food applications, hydrogen peroxide is also used as a safe vegetable disinfectant. So, here are the many ways that you can use hydrogen peroxide in food preparation.

Growing Mushrooms

Are you tired of buying mushrooms and end up having mushy brown stuff in the ref because you forgot about them? That's how mushrooms are. They easily rot even when kept in the ref. So, what better way to ensure that you have a stock of good mushrooms in your ref than to grow one? It's easy and uncomplicated.

Materials needed:
Oyster mushrooms with woody based attached
Sterilized sawdust
Paper bags
1 gallon freezer bags
Hydrogen peroxide

Directions:

1) Cut off 1/2 inch of the woody base. The woody base is all you would need for propagation; you can cook the rest of the mushrooms.
2) Wet a paper bag and place sterilized sawdust inside. Also add the mushroom woody base inside. Fold over to cover the mushroom.
3) Prepare another paper bag and sawdust. Place the first bag with mushroom inside the second paper bag and fold over again.
4) Place the mushroom paper bag in a lidded plastic, just big enough to contain it. Place in the vegetable crisper of your ref and let it sit for 3 months.
5) After 3 months, in a big bucket mix 1 mason jar 35% hydrogen peroxide with 11 mason jars of hydrogen peroxide. Add hay straw to fill bucket ¾ and mix to sterilize straw.
6) Transfer straw into 1 gallon freezer bags and place mushroom inside.

Drain any excess hydrogen peroxide solution.

7) Place bag in a dark and room temperature place and let it sit for 3 months. Once you see white growths, slice the plastic on top to allow room for growth.
8) Then you can start harvesting mushrooms on a daily basis.

Clean Your Raw Garden Greens

People are so health conscious nowadays that they eat more of fresh fruits and vegetables. But how sure are you that these fresh foods are not contaminated with harmful microbes? Then, there's only one way to be sure by disinfecting them with hydrogen peroxide.

Ingredients:
3% hydrogen peroxide in a spray bottle

Directions:

1) Ready your salad veggies or fruits.
2) Spray all over with your hydrogen peroxide spray bottle.
3) Leave on for at least 5 minutes.
4) Rinse vegetables and fruits under tap water and let it dry.

Vegetable Soak

Another way to clean your vegetables is to do a vegetable soak. With a vegetable soak, you can neutralize chemicals and kill bacteria. So, here's the process.

Materials:
¼ cup 3% hydrogen peroxide solution
Sink full of cold water

Directions:

1) In a clean sink, fill it up with cold tap water.
2) Add ¼ cup 3$ hydrogen peroxide and soak leafy vegetables for 20

minutes. For bulkier veggies like cucumbers, soak for 20 minutes.
3) Drain vegetables, dry and refrigerate.
4) This process not only eliminates chemicals and bacteria it also prolongs freshness of vegetables.

Sprouting Seeds

Have you ever wondered how you can DIY bean sprouts? It's fast and easy with hydrogen peroxide.

Ingredients:
1 pint water
1 oz 3% hydrogen peroxide

Directions:

1) Soak beans in water and 3% hydrogen peroxide solution. The ratio is for every pint of water use 1 oz of 3% hydrogen peroxide. You can double the amount as needed to fully cover beans.
2) The beans can sprout to ¾ - inches within 24 hours. If you need to sprout the beans more, rinse bean sprouts and add the same amount of water and 3% hydrogen peroxide mixture. Allow to stand for another night or until bean sprouts have reached desired length.

Marinating with Hydrogen Peroxide

Did you know that you can marinate meat, fish and poultry with hydrogen peroxide? Yep, you read that right! You are not actually marinating your food because hydrogen peroxide does not add taste to the marinade, but what you are actually doing is sanitizing your meat before cooking.

Ingredients:
1 cup 3% hydrogen peroxide
1 cup tap water

Directions:

1) Do NOT use aluminum pans when cooking hydrogen peroxide marinated meat, fish or poultry.
2) In a shallow bowl, mix water and 3% hydrogen peroxide. This is good for marinating 1 pound of meat or fish. You can make more of the mixture as needed.
3) Place mixture inside a re-sealable bag and add meat.
4) Place in the ref for an hour to marinate.
5) Rinse meat well before cooking.

Using Hydrogen Peroxide for Personal Care

Yes, hydrogen peroxide has been used for centuries in personal care and even to achieve beauty. So, here are the many ways that you can use hydrogen peroxide for personal hygiene and care.

Detoxifying and Rejuvenating Bath

Use hydrogen peroxide to rejuvenate and detoxify your body as you bathe in your tub. As you put the hydrogen peroxide in the bath, feel the effervescent bubbling of the bath which is just like the healing pools of Lourdes, France or nature's hot springs. It works as a catalyst to oxygenize your body and slough off dead skin.

Hydrogen Peroxide Bath Recipe #1

Ingredients:
Bath tub full of warm water
1 cup of 35% hydrogen peroxide

Directions:

1) Fill bath tub half way with warm water. Once bath tub is filled, add 1 cup of 35% hydrogen peroxide.
2) Immediately get into the tub and savor the bubbling sensation.
3) If using more than ½ tub full of water, you can use as much as 2 cups of 35% hydrogen peroxide.
4) Relax in your warm tub with hydrogen peroxide for at least 30 minutes to fully benefit from its wonders.

Here is another alternative bath recipe using hydrogen peroxide and other natural substances.

Hydrogen Peroxide Bath Recipe #2:

Ingredients:

½ cup Epsom salt or baking soda
½ cup sea salt
½ cup 35% hydrogen peroxide

Directions:

1) Fill you bath tub with warm water, around ¾ full.
2) Add the ingredients.
3) Immediately get into the tub and soak in it for at least 30 minutes.

Foot Soak

Our foot takes much of the burden from daily activities and yet we often times forget to give it the pampering it needs. Not only can hydrogen peroxide pamper your foot, but it can also cure athlete's foot or even foot odor problems. So the first recipe is for a foot soak.

Foot Soak Recipe:

Ingredients:
1 gallon of warm water
1.5 oz 35% hydrogen peroxide
Large and shallow basin

Directions:

1) Pour warm water in a large and shallow basin that's enough to place both feet in comfortably.
2) Add hydrogen peroxide and soak feet for at least 15 minutes.
3) You can indulge in this foot soak at least once a month.

Athlete's Foot Soak Recipe:

Here is a foot soak that can help get rid of Athlete's foot.

Ingredients:

1 gallon of warm water
1.5 oz of 3% hydrogen peroxide solution
large and shallow basin

Directions:

1) In a large and shallow basin where both feet can rest inside comfortably, pour and mix all ingredients.
2) Soak foot for at least 15 minutes.
3) Do this nightly until condition has improved.

Teeth Whitening

Hydrogen peroxide is a powerful bleaching agent and it can help whiten teeth. If you are unsure, you can even checkout the leading brand's teeth whitening ingredients and you will find that hydrogen peroxide is part of it. But, if you're like me, we all know how expensive toothpastes with teeth whitening ingredients are, so why not try this cheap, effective and safe alternative?

Ingredients:
1 tsp baking soda
1 – 3 drops of 3% hydrogen peroxide

Directions:

1) In a small bowl, mix baking soda and a drop of hydrogen peroxide.
2) Mix to form a paste. If needed, you can add more hydrogen peroxide drop by drop.
3) Place paste onto toothbrush and brush your teeth as you normally do.
4) You can do this every night until you achieve the pearly whites you desire.
5) Then you can do it at least twice a week to maintain your teeth's whiteness.

Mouth Hygiene

Hydrogen peroxide is not only useful as a teeth whitening agent but it is also an effective solution for mouth hygiene. It can be used as a mouthwash, disinfectant, denture soak and as a toothbrush cleanser. So, here are the many ways that you can use hydrogen peroxide for your oral hygiene.

Toothbrush Cleanser:

Your toothbrush can harbor a lot of microbes, and to help keep it free from germs, here is a hydrogen peroxide recipe.

Ingredients:
A small bottle
3% hydrogen peroxide solution

Directions:

1) In a small bottle, fill it halfway with 3% hydrogen peroxide solution.
2) Every after brushing your teeth, leave your toothbrush with bristles soaked in hydrogen peroxide in the prepared small bottle.
3) Discard hydrogen peroxide solution in your small bottle every 3 days, rinse well and refill with new 3% hydrogen peroxide solution to keep it hygienic.

Hydrogen Peroxide Mouthwash:

Mouthwash can be expensive, but with this hydrogen peroxide mouthwash recipe, you don't have to worry about the cost.

Ingredients:
250 ml 3% hydrogen peroxide solution
a 250-ml bottle
¼ tsp liquid chlorophyll

Directions:

1) In a clean bottle, add 3% hydrogen peroxide solution.

2) If desired, add ¼ to ½ tsp of liquid chlorophyll to add flavor.
3) Gargle a tiny sip of the hydrogen peroxide solution and use like any normal mouthwash.
4) It is safe to be used 3 times daily.

Toothache Rinse:

Toothaches are usually caused by pathogens in the mouth that can lead to inflammation and pain. Hydrogen peroxide is not a pain reliever but it is an effective anti-septic agent. So, it has the capacity to treat the microbes that cause pain in your tooth. Here is the recipe:

Ingredients:
5ml 3% hydrogen peroxide solution
5 ml coconut oil

Directions:

1) Gargle at least 3 times a day with 5ml of 3% hydrogen peroxide solution. Ensure that you swish it around your mouth for at least one minute.
2) Discard hydrogen peroxide solution and rinse mouth by gargling water.
3) At nights, after rinsing with hydrogen peroxide solution, gargle 5ml of coconut oil. Swish around your mouth for at least 5 minutes.
4) Do this procedure until tooth ache is gone. You can continue doing for a couple more days to ensure that the toothache will not return.

Denture Soak:

Dentures can be a good place for microbes to proliferate. It is sometimes hard to clean. So, with the help of hydrogen peroxide soak, you can ensure your denture's cleanliness.

Ingredients:
Denture container
3% hydrogen peroxide solution

Directions:

1) At night, place your dentures inside its denture container.
2) Fill with 3% hydrogen peroxide solution until totally covered in the solution.
3) Seal and let it stand overnight or at least 60 minutes.
4) Remove denture and rinse with tap water.

Facial Toner

If you are searching for a cheap, safe and effective facial toner then look no further than our hydrogen peroxide toner recipe. It helps freshen and rejuvenates the face's skin.

Ingredients:
3% hydrogen peroxide solution
Cotton balls

1) Use hydrogen peroxide solution as you would use any normal facial toner by wetting cotton ball.
2) Apply damp cotton ball onto face in circular motion to remove dirt.
3) Leave on face and apply makeup or moisturizer.

Hydrogen Peroxide Deodorant

Hydrogen peroxide is an effective deodorizer and it can help solve your body odor problems. So, here is our hydrogen peroxide deodorizing recipe.

Ingredients:
3% hydrogen peroxide solution
Cotton squares

Directions:

1) Wet cotton squares with 3% hydrogen peroxide solution and apply on arm pits in a wiping motion.
2) Use one cotton square per armpit and discard.
3) You can do another application as needed.
4) This is best done after showering. You can also do this after sweaty activities to prevent odor from forming.

Nasal Decongestant

Hydrogen peroxide is also an effective nasal decongestant. Here is our recipe for a nasal spray decongestant.

Ingredients:
1 cup distilled water
1 tbsp 3% hydrogen peroxide solution
nasal spray bottle

Directions:

1) In a clean nasal spray bottle, mix distilled water and 3% hydrogen peroxide.
2) Spray into nasal passages to relieve congestion.
3) You can do this no more than 3 times a day.
4) Use until congestion is gone.

Hydrogen Peroxide Application Around the House

There are many other applications of hydrogen peroxide aside from personal hygiene, food preparation, and cleaning the kitchen. Here, I will tell you about the tips and tricks of cleaning your home and maintaining your home and appliances free from germs, stains and odors.

Bleaching Agent

Did you know that hydrogen peroxide is an effective bleaching agent? It is a strong bleach that can remove red wine stains and even blood stains. It can also help whiten your shirts.

How to Remove Red Wine Stains

Are you tired of seeing those red wine spots on your mantel? You do not need to put the whole thing in the washer, but you can still get rid of the red wine stain though. How? Read on!

Ingredients:
1 tsp liquid detergent
1 tsp 3% hydrogen peroxide solution

Directions:

1) Mix ingredients in a small bowl.
2) Apply directly on to red wine stain, blot with a towel to erase stain.
3) Rinse with warm water to remove detergent and stain.
4) Let it air dry.

How to Remove Bloody Stains with Hydrogen Peroxide

Pesky blood stains are a natural and reoccurring girl problem especially during monthly periods. Along with that, the problematic and time consuming task of removing these pesky blood stains. But, now with this hydrogen peroxide solution, it will be easier and more effective to remove those bloody stains.

Ingredients:
Detergent
3% hydrogen peroxide solution

Directions:

1) First, hand wash blood stained item with detergent. Wash thoroughly until most of the stain has lifted off.
2) Rinse well with water. Wring off excess water.
3) To remove the remaining stains, pour or spray with 3% hydrogen peroxide the stains until thoroughly wet.
4) Let it stand for at least 5 minutes.
5) Hand wash until stain is lifted off. Rinse with cold water.
6) This process is more effective if you wash your blood stained items right away.

Whiten Laundry

Instead of using bleach, why not use hydrogen peroxide to whiten and brighten your laundry? Here is the process to follow.

Ingredients:
6 oz 3% hydrogen peroxide solution

Directions:

1) For a small load of laundry, use 6 oz of 3% hydrogen peroxide solution. If you are laundering a large load of clothes, use 8 oz of hydrogen peroxide solution.
2) Instead of bleach, add the hydrogen peroxide solution into the spot for bleach, add your detergent and fabric softener if using some and begin washing your clothes.

Bathroom Cleaner

There are so many ways to use hydrogen peroxide in cleaning the bathroom. So,

let me run you through the different methods of using hydrogen peroxide to ensure that you bathroom is not only clean and disinfected, but also free from molds and funky odors.

Toilet Bowl Cleanser

Cleaning a toilet bowl has never been this easy and effective!

Ingredients:
1 cup 3% hydrogen peroxide solution
2 tbsps 35% hydrogen peroxide

Directions:

1) To clean toilet bowl, just pour a cup of 3% hydrogen peroxide solution.
2) Let it stand for at least 20 minutes before scrubbing and cleaning.
3) You can also use 2 tbsps of 35% hydrogen peroxide to clean your toilet and just replace the cup of solution above and follow the same instructions.
4) If toilet is discolored, you can use ½ cup of 35% hydrogen peroxide and let it stand for 20 minutes before scrubbing vigorously.

Shower or Bath Tub Spray

Honestly, it is quite tiring to clean a bathroom week in and week out. But, here is one strategy that I use to keep it looking clean, prevent growth of pink bacteria and combat odors without too much effort.

Ingredients:
3% hydrogen peroxide in a spray bottle

Directions:

1) Spray hydrogen peroxide all over shower walls and bath tub.
2) Wipe or scrub to remove dirt and grime.

3) Don’t forget to spray on pink discoloration or molds in bathroom.
4) Wipe and scrub off.
5) Rinse with water.
6) Spray again with hydrogen peroxide and leave on to dry.
7) Don’t forget to spray bath tub or shower at least once a day to prevent colonization of molds and bacteria.

Copyright © 2014. All rights reserved.

Except as permitted under the United States Copyright Act of 1976, reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without written permission.

The ideas, concepts, and opinions expressed in this book are intended to be used for educational and reference purposes only. Author and publisher claim no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the material in this book.